| WINTER | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Meals:** | | | | | | | | | | | | | | | |
| Seasonal Caesar | | ■ | | ■ | ■ | | | ■ | | | ■ | | ■ | | |
| Winter Green Goddess | | | | | | | | | ■ | | ■ | ■ | ■ | | |
| Autumn Sunshine | | ■ | | | | | | | ■ | | ■ | | ■ | | |
| The Fezz | | ■ | | | | | | | ■ | | | ■ | ■ | | |
| A walk on the wild side | | ■ | | | | | | | ■ | | | ■ | ■ | | |
| The umami | | ■ | | | | | ■ | | | | | ■ | ■ | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Premius Warm/Cold:** | | | | | | | | | | | | | | | |
| Spicy honey chicken | | ■ | | | ■ | | ■ | | | | | | | | |
| Herb & Lemon chicken | | | | | | | | | | | | | | | |
| Flamed beef | | | | | | | | | | | | | | | |
| Hot smoked salmon | | | | | ■ | | | | | | | | | | |
| Sweet potato falafel | | | | | | | | | | | | | | | |
| Aubergine/Chickpea stew | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Lemon labneh | | | | | | | | ■ | | | | | | | |
| Crumbled feta | | | | | | | | ■ | | | | | | | |
| Eggs | | | | ■ | | | | | | | | | | | |
| Pickled Eggs | | | | ■ | | | ■ | | | | | ■ | | | |
| Sourdough slice | | ■ | | | | | | | | | | | | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Dressing:** | | | | | | | | | | | | | | | |
| Caesar dressing | | | | ■ | ■ | | | ■ | | | ■ | | ■ | | |
| Green goddess dressing | | | | | | | | | | | ■ | | | | |
| Date dressing | | | | | | | | | | | ■ | | ■ | | |
| Harissa mayo dressing | | | | ■ | | | | | | | | | | | |
| Sesame dressing | | ■ | | | | | ■ | | | | | ■ | ■ | | |
| Smokey maple tahini dressing | | ■ | | | | | ■ | | | | | ■ | ■ | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Crunch:** | | | | | | | | | | | | | | | |
| Sourdough crumble | | ■ | | | | | | | | | | | | | |
| Sumac almons | | | | | | | | | ■ | | | | | | |
| Sweet pecans | | | | | | ■ | | | | | | | | | |
| Almonds | | | | | | | | | ■ | | | | | | |
| gochujang pumpkin seeds | | ■ | | | | | ■ | | | | | | | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Pickles/Chutney** | | | | | | | | | | | | | | | |
| Pickled radish | | | | | | | | | | | | | | | |
| Pickled beetroot | | | | | | | | | | | | | | | |
| Pickled red pepper | | | | | | | | | | | | | | | |
| Tomato plum | | | | | | | | | | | | | | | |
| Kimchi | | | | | | | | | | | | | | | |
| Pickled pink onion | | | | | | | | | | | | | | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Grains** | | | | | | | | | | | | | | | |
| Asian style rice | | | | | | | | | | | | | | | |
| Bulgur & lentils | | | | | | | | | | | | | | | |
| Orange bulghur Couscous | | | | | | | | | | | | | | | |
| Red rice with red onion | | | | | | | | | | | | | | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Goodies** | | | | | | | | | | | | | | | |
| Seasonal slaw | | | | | | | | | | | | | | | |
| Harissa carrot hummus | | | | | | | | | | | | | | | |
| Pumpkin moons | | | | | | | | | | | | | | | |
| Balsamic mushrooms | | | | | | | | | | | | | | | |
| Roasted cauliflower | | | | | | | | | | | | | | | |
| Brocoli | | | | | | | | | | | | | | | |
| Spicy orange brussel sprouts | | | | | | | | | | | | | | | |
| Chickpea salad | | | | | | | | | | | | | | | |
| Harissa sweet potato | | | | | | | | | | | | | | | |

| | Allergenen: | Gluten | Crustaceans | Eggs | Fish | Peanut | Soy | Milk | Nuts | Celery | Mustard | Sesame seeds | Sulfites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Sides** | | | | | | | | | | | | | | | |
| Sweet potato labenh & tomato plum | | | | | | | | | | | | | | | |
| Sweet potato Stew & feta | | | | | | | | | | | | | | | |
| Sweet potato kimchi & sesame dressing | | | | | | | | | | | | | | | |
| Lemon muscle builder pot | | | | | | | | | | | | | | | |
| Harissa protein pot | | | | | | | | | | | | | | | |
| Stew with bread | | | | | | | | | | | | | | | |